

2016 Hand to Heart Award All Applicants will be informed of interview time.

**Application Deadline: 5:00 pm
Thursday, April 14th, 2016**



This award has two age divisions, **4-H**
ages 8-10 and 11-13(*member's age as of Oct. 1, 2015*).

Please fill in the application as thoroughly as possible. Feel free to add as much community service information and other helpful items that you would like to share. Applicants are required to interview for this award. Interviews will take place in the Extension Office. You will be notified of your interview time previous to the event. Remember to dress as if you were going to a job interview. A Grand and Reserve Champion will be selected in each age division.

Entry forms can be downloaded from the county website at:
www.flathead.mt.gov/extension/downloads.php



The 2016 4-H Interstate Exchange Members want
to say **THANK YOU** to all our 4-H
Friends, Families & Volunteer Leaders for your
support during this year's Spaghetti Supper & Dessert
Auction.



4-H is SUCH an AWESOME COMMUNITY of
people who really CARE!!!

HEY! Flathead 4-H Foundation... What's NEW?

Hi Everyone!

On Tuesday, March 22nd, the Flathead 4-H Foundation met and the following was discussed/determined:

- As new 4-H Council President, Sandy Evenson was welcomed to the Board. Tennis Tennyson and Kevin Bostock were also voted on as our newest Foundation Board members.
- There was a "Best Practices for Boards" training, given by MSU County Extension Agent, Tammy Walker.
- A 100yr Centennial planning committee reported on a multitude of updates and ideas for our upcoming 100yr Centennial in 2017. At this time the group is diligently working with other board members and graphic designers to create a centennial logo that can be used on all 4-H Foundation communications. Notice has been sent out regarding our need for recipes for our Flathead Centennial Cook Book. **SUBMIT RECIPES NOW!!**
- Codi Sorensen talked with the group about the 2017 4-H Horse & Livestock Leaders' Conference that we will be hosting here in the Flathead.



There will be a Centennial planning meeting for **EVERYONE** who would like to help on [April 4 at 6pm](#) in the Extension office conference room.

The next 4-H Foundation meeting is scheduled for [April 26th at 5:30](#) in the Extension office conference room.

HEY! Flathead 4-H Council... What's NEW with you?

During the March 7th & March 24th meetings of the Council, the following was discussed/determined:

- March 7th: Council chairs were voted upon: President—Sandy Evenson; V. Pres.—Loni Conley; Secretary—Ginger May and Treasurer—Sheila Wilson
- The Council supported a recommendation given by the ag committee to allow for an additional class of small beef. Council agreed to submit the 4-H recommendation to the Fair Board for consideration.
- March 24th: Approved a membership scholarship for a family
- Approved the budget for this year.
- Discussed Foundation activities and agreed to help with all centennial events
- Discussed livestock taggings & weigh-ins and Fair Board determinations from their March meeting.
- Decided to postpone County Congress for the 2016yr until Feb-March in 2017. It was also decided that any 4-H member who wishes to attend State Congress needs to give their talk/demo at a countywide event. Since our 2016 County Congress event has been canceled, Council members agreed to create a venue for any/all 4-H members who wished to attend State Congress in 2016. *Please let Extension office know if you wish to attend State 4-H Congress in Bozeman in July.*
- Awards Banquet date has been set for September 17th.

The council is an open forum for any 4-H members or adults to attend. Each club has two voting delegates. When considering the ideal make-up of the voting body of our 4-H Council, it is recommended that each club send at least one voting youth and one voting adult representative to act on behalf of the club; however, if that isn't possible each club will still have two votes per club.



4-H Council

See you on April 28th at 5:45 in the 4-H Building on the Fairgrounds.

SAVE THE DATE!! - July 18-July 22, 2016



4-H Camp

For those Age 8-12yrs old (as of your age on Oct. 1, 2015)

Registration: \$110.00 for existing 4-H Members,
\$130.00 for all others
*scholarships available



Camp Counselors!!

Don't forget about our upcoming camp counselor training sessions:

Thursday, April 14 from 5:30-7:30pm –under the grandstands

Wednesday, April 20 from 5:30-7:00pm –under the grandstands

Saturday, May 7 Loon Lake 4-H Camp - after camp clean-up from **1:00-3:00pm**

Thursday, May 26 from 5:30-7:00pm –under the grandstands

Wednesday, June 8 from 5:30-7:00pm –under the grandstands

Thursday, June 23 from 5:30-7:00pm –under the grandstands

Flathead Shooting Sports

Awards Ceremony

April 24 at 2:00pm

in the Expo Building on Fairgrounds

Please Bring a Dessert.

Leader meeting afterwards



GET READY!!! 100 years of Flathead 4-H is Coming...

Flathead County will be celebrating 100yrs of 4-H 2017. ALL 4-H families (past or present) are encouraged to submit recipes for our upcoming 4-H Centennial cookbook. Especially those really old ones that people love so much!! All 4-H family and those of all ages to be a part of this.

All recipes should be submitted to the Flathead County Extension office right away. The deadline to get your recipe in the book is Wednesday, June 1. Use the form below to document your recipe and then either drop it off or mail to the address on the last page of this newsletter or scan & email them to: extension@flathead.mt.gov



One Recipe Per Page

2017 FLATHEAD COUNTY **4-H CENTENNIAL**

CIRCLE A CATEGORY BELOW

Submitted by:	4-H Club:
Address:	Phone:
RECIPE TITLE: <i>Please Type or Print Plainly</i>	

INGREDIENTS

Please use these abbreviations: c., tsp., Tbsp., pkg., qt., pt., oz., lb.

METHOD

SAVE THE DATE!!

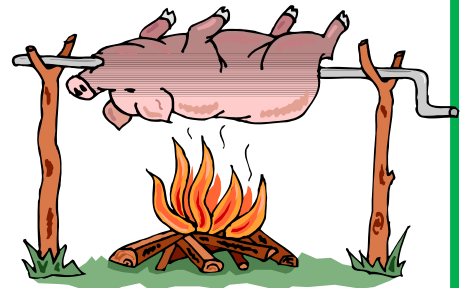
4-H Achievement Banquet

Saturday, Sept. 17

The 2015-2016 4-H Achievement Banquet will be held on Sat. Sept. 17th in the Expo building on the fairgrounds.



Plan to bring a few pot luck items and your entire family, and join fellow club members and volunteer leaders in support of all those who will be receiving awards.



Livestock Quality Assurance, Seminars, Tagging & Weigh-ins

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior** (Jr. members = 8-12; Sr. members = 13-18 as of Oct. 1, 2015).

LQA trainings are combined with species seminars.

Beef weigh-in = Monday, April 11th ~ 6-7:30

Hog tagging & weigh-in = Monday, April 25th ~ 5:30-7:00

Lamb tagging & weigh-in = Monday, May 16th ~ 5:30-7:00





4-H CAMP CLEAN-UP DAY & POTLUCK
DARRELL FENNER Loon Lake 4-H CAMP
SATURDAY, MAY 7, 2016 - 10:00am

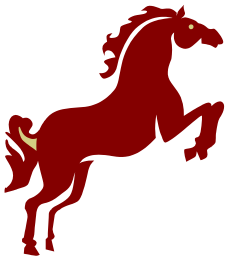
The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job.

We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-5553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

If you're coming in from out of town and would like to stay one night at the camp, please contact the Flathead Extension Office asap and we'll help with accommodations.



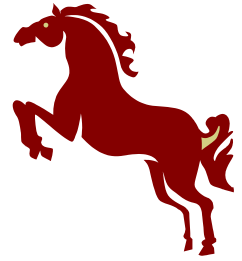
Flathead County 4-H Horse Camp

April 29, 30 & May 1, 2016

Flathead County Fairgrounds

EARLY BIRD REGISTRATION DEADLINE - April 4

Registration packets can be found on the county 4-H website at
<http://flathead.mt.gov/extension/downloads.php>



4H English Riding Clinic Registration Form

On Saturday, April 16, 2016 at the Northwest Montana Fairgrounds there will be an educational English riding clinic. This clinic is for any 4H Horse member who want to improve their equitation through English riding. The goal is for participants to understand how equitation can help the horse and rider function better as a unit across disciplines - from Western to jumping!

*There are a limited number of English saddles available to use for the clinic if you want to try it and/or don't have one of your own. Schedule may add additional group times if there is enough participants to fill it.

The clinic schedule is as follows:

10:00 Check-in, tack up, warm-up (Be ready to be in the ring by 10:30!)

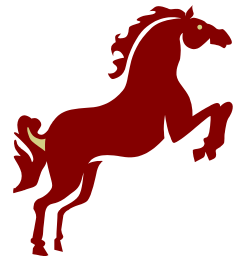
10:30 Basic balanced position demo & discussion

11:00 Practice skills & exercises

12:00-12:30 Cool down & go home

Registration packets can be found on the county 4-H website at
<http://flathead.mt.gov/extension/downloads.php>

You will need to sign the release and have it with you when you arrive at the clinic. Registration is due on Wednesday, April 13. Make sure you click "submit" when you finish filling out the form. Please contact Sally Rohletter (srohletter06@gmail.com or [406-249-7852](tel:406-249-7852)) or Heidi Diegel (hkdiegel@gmail.com) if you have any questions.



**I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.**

4-H Livestock Tagging & Sale REMINDERS

Livestock members, you are responsible to know these...

In order to sell your steer, hog or lamb at the NWMT livestock sale, 4-H members must be in good standing in a club and they should be working closely with their club's 4-H livestock leaders. If your club is having trouble meeting the needs of your livestock members, please reach out to me so that I can get you some help. Livestock projects are a big investment for families and for our community, so it's really important that we all do what we can to help ensure success.

This year there has been a slight change to how families declare their back-up animals.

In all cases, members may tag up to 2 animals in their project. For example: 2 hogs, 2 sheep and/or 2 beef (you *can tag two but can only take one animal.*) At tagging you must declare which animal is your primary and which is your secondary animal. This needs to be clearly stated on the ear tag form. For ex: If a family has 5 children they are able to tag 2 hogs for each child; however, if they cannot afford 2 for each, they can tag fewer. Whether they tag two for each child or fewer, every child will need to decide who is going to use which back-up hog.

On paper, it'll look something like this:

<u>Name</u>	<u>Primary</u>	<u>Secondary</u>
Wendy Hogkid	465	460
Luke Hogkid	462	460
Matt Hogkid	461	463
Joe Hogkid	464	463
Krissy Hogkid	466	467



****In this scenario there are 5 kids in the family. Each has a primary hog and there are 3 back-ups. Each must now choose who will use which primary AND which back-up hog as their project hog (s). This choosing needs to be done on or before tagging day.**

*In the scenario above, if Wendy doesn't take #465 she can take #460 but if she does, Luke **MUST** take #462 (he cannot take Wendy's primary #465 and he cannot take any of the other back-up hogs).*

*If Krissy takes #466, no one can take 467 (Krissy was the only one who declared 467 as a back-up, **so it cannot be shared with anyone else**).*

If #464 dies after the hog replacement date, Joe can take #463. Matt will then not have any back-up to choose from.

The purpose of this requirement is to maintain the educational goal of helping our members to wisely choose their livestock at the beginning of the project. We also want them to dedicate themselves to no more than two market animals in any given species. Members must care, feed, exercise, and complete records on both their declared primary and declared back-up. If something happens to both their primary and their back-up projects, the member then has the opportunity of learn from an unexpected experience that did not turn out as planned. *(a life lesson that we all have to deal with at times)*

Please don't hesitate to call me if you have any questions.

Tammy Walker
4-H Extension Agent
758-5552

4-H "Fowl" Play

Canoeing

Swimming

Games

Campfires



Family Time



Learning about birds

Crafts

FUN!

4-H Cloverbud Camp

June 10th, 11th & 12th

Darrell Fenner 4-H Camp ☺ Ferndale

Share in the exciting adventures of Cloverbud Camp with your child!

Youth camper must be accompanied by a parent or guardian at camp at all times.



REGISTRATION

Child #1's Name _____ Age _____ Male ☐ Female ☐

Child #2's Name _____ Age _____ Male ☐ Female ☐

Address _____ City _____ Zip _____ County _____

Phone _____ E-mail _____

Name of Adult Chaperone _____ Male ☐ Female ☐

Address _____ City _____ Zip _____ County _____

Phone _____

Emergency Contact _____ Phone _____

Fee: \$120 for one youth camper and one adult . \$50 for each

Additional youth or adult. Full refunds before June 1.

1/2 refunds after. Call 406-676-4271 for more information.



Send registration and fee to: MSU Lake Co Extension,

300 Third Ave NW, Ronan, MT 59864

Registration due June 1st.

ATTENTION
Cloverbud Parents!

CL^{VER}BUDS

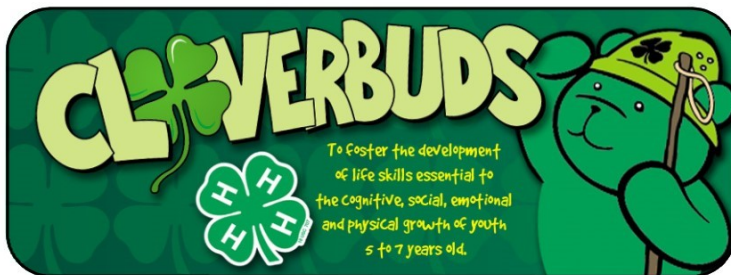
"Cloverbuds" are 5-7yr old kids who do fun 4-H stuff!

ALL 5-7yr olds who would like to be a 4-H Cloverbud are invited to join our monthly Cloverbud meetings in the **Expo Building** on the Fairgrounds. Meetings will take place from 5:30-7pm on Thursday, March 17, April 28 & May 26.

****This year there will be a supply fee of \$3 per person, per meeting; due at the start of each meeting****

So mark your Calendars, grab \$3 and Come Join us!!

You're welcome to bring food if you wish to eat during the meeting.



For more information, call our 4-H Extension Agent

Tammy Walker at 758-5552 or

Email: tammy.walker1@montana.edu



4-H DOG PROJECT

There will be a dog project meeting on **Wednesday April 13th at 6:15 in the 4-H building** on the fairgrounds. Dr Oedekoven from Central Valley Vet will be giving a presentation on dog health, so bring your questions and come join us.

New dog project packets can be found on the county 4-H website at
<http://flathead.mt.gov/extension/downloads.php>



OVERVIEW OF EIGHT ESSENTIAL ELEMENTS OF POSITIVE YOUTH DEVELOPMENT PROGRAMS

Concept: Belonging

1. **Essential Element: A Positive Relationship with a Caring Adult**

A caring adult acts as an advisor, guide and mentor. The adult helps set boundaries and expectations for young people. The adult could be called supporter, friend, or advocate.

2. **Essential Element: An Inclusive Environment**

An inclusive environment is one that creates a sense of belonging, and encourages and supports its members with positive and specific feedback. Healthy groups celebrate the success of all members, taking pride in the collective efforts of all participants.

3. **Essential Element: A Safe Emotional and Physical Environment**

Youth should not fear physical or emotional harm while participating in a 4-H experience, whether from the learning environment itself or from adults, other participants or spectators.

Concept: Mastery

4. **Essential Element: Opportunity for Mastery**

Mastery is the building of knowledge, skills, and attitudes and the demonstration of the competent use of this knowledge and skill by a proficient practitioner. The level of mastery is dependent on the developmental ability of the individual or youth. The development of mastery is a process over time.

5. **Essential Element: Engagement in Learning**

An engaged youth is one who is mindful of the subject area, building relationships and connections in order to develop understanding. Through self-reflection, youth have the ability to self-correct and learn from experience. The engaged learner has a higher degree of self-motivation and an inexhaustible capacity for creativity.

Concept: Independence

6. **Essential Element: Opportunity to See Oneself as an Active Participant in the Future**

The ability to see oneself in the future is to have hope and optimism to shape life choices, which facilitates the transition into participating in the future.

7. **Essential Element: Opportunity for Self-Determination**

Believing that you have impact on life's events rather than passively submitting to the will and whims of others is self-determination. Youth must develop a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.

Concept: Generosity

8. **Essential Element: Opportunity to Value and Practice Service to Others**

Finding yourself begins with losing yourself in the service of others. Service is a way for members to gain exposure to the larger community and, indeed the world itself.



Community Clubs

MY PROGRAM CHECKLIST

Use My Program Checklist to review your success in incorporating the 8 Essential Elements of Positive Youth Development into your club activities.

How am I doing as the caring adult?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Do I working with the group and enjoy a variety of fun activities?			
Do I have a desire to teach youth about their subject area?			
Do I strive to get to know the youth?			
Do I listen to youth and not just hear them?			
Do I encourage the youth to help in establishing ground rules?			

Does our group have an “inclusive” environment?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Do I recognize new members?			
Are the seating arrangements altered at meetings to encourage positive group dynamics?			
Are fun, non-competitive, get-acquainted activities offered?			
Do I encourage teamwork and recognize those who support it?			
Is diversity and uniqueness appreciated?			
Are there multiple ways to recognize success?			
Is there time allotted for “hanging out”?			
Are there group identification items such as t-shirts?			
Are responsibilities divided among club members?			

Is our club an emotionally and physically safe place for all of our members?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Are there enough adults for the youth involved?			
Is the physical environment safe for all?			
Are trust-building activities offered?			
Are accommodations made for those with special needs?			
Are the youth involved in setting guidelines and codes of conduct?			
Are the activities offered age-appropriate?			
Do we strive for more than one youth and one adult in every setting?			



Members in our club want to learn; therefore, we seek ways to do so.

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Are there leadership opportunities for the youth?			
Is there a way for youth to increase their knowledge and skills in their subject area?			
Are they given opportunities to reflect on what they have learned?			
Do I apply experiential learning to all educational opportunities?			
Do the youth have a chance to make mistakes and grow from them?			
Are they given the opportunity to plan, conduct, and evaluate their programs?			
Are the activities based on real-world experiences?			
Do the youth commit to make 4-H and their projects a priority?			

How are we doing at providing opportunities for mastery of skills?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Do youth teach each other?			
Are they encouraged to learn new skills and grow in their project as they mature?			
Do I offer activities to members to help build the skills needed?			
Are they encouraged to work with younger members of the team?			
Do I help the youth set personal goals and celebrate accomplishments?			
Are they given the information to gain experience on their own and then reflect on what they learned?			
Do members participate in out-of-county competitions in their subject area?			

Do our members feel they are active participants in the future?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Are youth exposed to different career options?			
Do youth participate in out-of-county activities?			
Do they participate in annual club planning?			
Are youth taught to balance school, home, and project work and to handle the responsibilities that come with each?			
Are youth given the chance to reflect on how they can use their newly gained skills in the future?			



Does our club allow members the opportunity for self-determination?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Are the youth given the opportunity to provide feedback and make changes in the program?			
Do youth and adults share in planning club policies, programs, and activities?			
Do the youth choose the activities and the level of participation?			
Am I serving as a group facilitator/mentor rather than the leader?			
Are members encouraged to select their own projects and goals for what they will learn?			
Are members given a chance to make their own decisions during business meetings?			

Do we value and practice service to others?

Community Clubs Checklist

Almost Always Sometimes Hardly Ever

Do we discuss community needs and issues?			
Have adults and youth worked cooperatively to plan and implement a community service project?			
Are youth encouraged to give back to their community?			
Do we process what the youth learn from their community involvement?			
Do the youth write thank you notes to those involved in their efforts?			





MSU Extension Service – Flathead County

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Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Crunchy Oven Fried Tilapia

Prep Time: 15mins. Cook Time: 15mins. Ready in 30mins.

Ingredients:

¼ cup all-purpose flour
1 lb. tilapia filets
¼ tsp. salt and pepper
¼ cup dried bread crumbs
2 egg whites
¼ cup cornmeal

½ tsp. dried basil, crushed



Directions:

Preheat oven to 450F.

Sift or stir flour, salt, and pepper together in a shallow dish, and set aside. In a bowl, beat egg whites until white and frothy. In another bowl, combine bread crumbs with cornmeal and basil.

To bread the filets, dip first into flour, shaking off any excess, then into egg whites, then into bread crumb mixture.

Spray a shallow baking dish with non-stick cooking spray. Lay filets flat in the dish, tucking under any thinner ends or edges for more even cooking. Bake in the preheated oven for 10 to 15 minutes, or until fish flakes easily with fork. Enjoy!

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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